



We wish residents a warm and comfortable winter



Friends, a **WARM** Welcome to the June edition of Village Voice and special thanks to those residents who have contributed items to this edition. It may be July before you receive this edition, but we hope you enjoy it even if it is a little late.

In June this year, we joined with our manager Heather in welcoming two new members of our Office Staff Administration team- Ellie Lingard and Melanie (*Mel*) Spencer. We have also welcomed new residents (*listed below*), and we hope and pray that they all receive a warm welcome from us in spite of the wintry weather.

We told you in our last edition of Village Voice that our Central Park's new units were near to being completed and we are pleased to say that Stage 1 and 2 are now completed with only two units not occupied. We look forward to the last of them being completed and occupied later this year.

As we write, Heather is having a well earned holiday and we hope she is enjoying the break. She will be back with us on Monday 3rd July.



Cancer Council Morning Tea, June 16th



Frankston Ladies Choir entertaining us on May 28th.

It may be of interest for you to know the following, which Heather has brought to our attention, particularly because several of our residents have been scammed. The ACCC (*Australian Competition and Consumer Commission*) has received funding to build a National Anti-Scam Centre. The Centre will start on 1st July, 2023 and build its information sharing capabilities over the next three years. The Centre will bring together experts from government and the private sector to tackle harmful scams. Many Blessings, Joan Rowney (*Ed.*)



WELCOME NEW RESIDENTS

Neil Godkin to Unit 61
John & Gail Wood to Unit 24
Peter & Sandra Stevens to Unit 21

Thought for the season

Life is like a blanket - too short.
You pull it up and your toes are cold.
You push it down you get cold shoulders;
but cheerful people manage
to draw up their knees
and pass a very comfortable night.



VILLAGE COMING EVENTS

NOTES FOR YOUR DIARY

Saturday afternoon Games:

2nd & 4th Sat of each month 1.30 pm (CC) (See Photo)

Chris Newman (entertainer) Fri July 7th 6pm (CC)



Put your name down for ...

Mid Winter Lunch at Hastings Football Club

Wed 19th July ... See list in Library

REGULAR ACTIVITIES: (Check Notice Board for changes)

Gentle Exercise Class: Mondays at 10am (AC)

Craft Group with Julie: Thursday at 1pm.(AC)

Scenic Bus Trip : Tuesdays at 1pm

Art Group: Tuesdays at 9.30 (AC)

Table Tennis & Carpet Bowls : Wed at 2pm (AC)

Knitting Group : Wednesdays at 1-3 pm (AL)

Sippers Club : Fridays at 4.30pm (AC)

Exercise with Judy: Thursdays at 10am (AC)

Fellowship Service : Sundays at 10.15am (CC)

Line Dancing: Wednesdays at 10.00 to 10.30 (AC)

Coffee Morning with Lesley: Wednesdays 10.30 - 11.30am (Cafe)

Location: (AC) = Activity Centre ; (AL) = Apartments Lounge; (CC) = Community Centre

MENS GROUP

On Wednesday 15th May the Men's Group enjoyed an informative outing to the VICTORIAN MARITIME CENTRE at Crib Point. Our thanks to Owen Barber for the organisation and the afternoon tea served on the foreshore of Woolleys Beach Reserve. (see photos below)

Terry Trevitt (Unit 15)





ART GROUP



The Art Group meets every Tuesday morning at 9.30 in the Activity Centre Art & Craft room. Jane Johansen is always there to guide each of us, when we need help.

We have been known as the *Village Dabblers* and that is what most of us are. We are all at different stages in our endeavours and we work with water colours, acrylics, pastels, pencil, whatever we feel most comfortable with. On April 18th we were visited by Gwen Lewis from NSW who gave us a lesson in pastels. (See pictures below)

Drop in and see what we are doing, you will be very welcome. It doesn't matter whether you just come for a 'look see' or as a potential member of our group, experienced or a raw beginner. Just come and enjoy!



KNITTING GROUP



The Knitting Group is going very well although some days our numbers are down due to the weather and some ladies are on holidays.

We had a request from the local Scouts to ask if we would teach some of them to knit and crochet. The ladies volunteered and we had an enjoyable night teaching them. We were surprised at how keen the scouts were to learn and how quickly they picked it up. They all enjoyed it as you can see by the photos below.

It is lovely to see some new ladies in our group. We meet in the Apartment Lounge each Wednesday from 1 to 3pm. All are most welcome!

June Moran





A Message from the Village Manager

Health Benefits of Volunteering

Researchers have found that volunteering can give you a positive attitude, increased social interaction and increase your physical activity which are all things that make a healthier person in the long run. Here are some ways volunteering can have a positive impact on your life, both physically and mentally.

Decreased Risk of Depression: Volunteering is a great way to increase your social interaction and broaden your support network by making new friends. It exposes you to people with common interests and gives you a sense of community and connectedness. Research has shown all of these things lead to lower risks of depression, anxiety and feelings of loneliness.

A Mental Health Boost: When you volunteer your time, it gives you a boost of happiness. For example, if gardening makes you happy then volunteering to help with the gardens in the Village will surely bring you joy. If you're contributing to a cause that's meaningful to you and making a difference in the community, you can't help but feel happiness.

Increased Physical Activity: Many volunteer activities require you to move and get your heart rate up. In fact, one recent study found that volunteers reported better physical health than those who didn't volunteer.

Reduced Stress: Volunteering and helping others can give you a sense of purpose and appreciation, which can be a stress reliever. Not to mention, socializing helps you take your mind off worries and escape life's stressors. If nothing else, understanding the challenges faced by others less fortunate than you could provide some perspective on your own struggles.

Lower Blood Pressure: It isn't surprising that increased physical activity (of any level) and decreased stress all contribute to a healthier heart. Prolonged high blood pressure puts you at risk for stroke, heart failure and even premature death. The benefits that come from volunteering your time contributes to a healthier — and perhaps longer — life. Increased stress, high blood pressure, depression and loneliness all can have a detrimental impact on your health.

If you are willing and able then why not lend a helping hand in the StJ's community. Volunteer at the Café, or in the communal gardens or ask your neighbour (who may be struggling) if there is anything you could do for them to make their life a little easier.

Heather

STAFF PROFILE

Employee Name: Matthew (Matt) Briggs

Employee Position: Maintenance



- Q1. What is your favourite TV show? **Friends**
- Q2. What is the one thing you couldn't live without? **Air**
- Q3. What is your greatest fear? **Sun Dried Tomatoes 😊**
- Q4. If you could go anywhere in the world, where would you go? **Egypt**
- Q5. What is your favourite thing to do in your spare time? **Writing & the NBA**
- Q6. What is your favourite food? **Salmon**
- Q7. What is your favourite drink? **Water**
- Q8. What would be your ideal pet? **Dog**
- Q9. Where is your favourite place to shop? **Fruit Shop**
- Q10. What is the best book you have ever read? **Lord of the Rings & The Alchemist**
- Q11. What would be your ideal career (if you weren't working at St. John's)?
Being a Teenage Mutant Turtle
- Q12. What is the one thing you cannot resist? **Mud Cake**
- Q13. What is the hardest thing you have ever had to do? **Make Lance Laugh 😊**
- Q14. If you could have dinner with any three people who would you choose?
Michael Jordan / Marcus Aurelius / Devin Booker
- Q15. What is the most prized possession you have? **My dog 🐕**
- Q16. Do you have a celebrity crush and if so who? **Donald Trump**



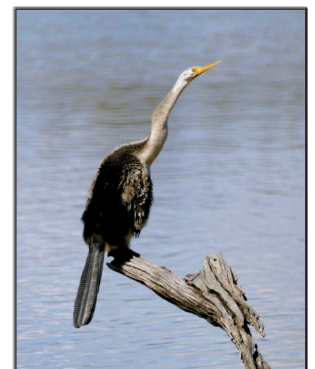
TRIP TO THE RIVERLAND

October 2022 found us surrounded by boxes as we waited for our move into St. John's Village. Thanks to Covid our wait had taken much longer than originally expected. We decided we needed a change of scenery, what better way to achieve that than to take a week's break away to recharge our batteries. When planning a short holiday, we usually start by choosing a place somewhere close to either the ocean or a river. We both share a love of photography, nature and birds, so the water always plays a big part in the planning of any trip we take. As this break away was to be a brief one, we didn't want to spend too much time driving hours to get there, we were looking for a place we hadn't yet visited but was still fairly close, we weren't asking for much! After doing our research we decided on Waikerie which is part of the Riverland in South Australia. To break our journey, we would do an overnight stop at Sea Lake where we knew we would find Silo's to photograph. Also, Lake Tyrrell is only a short drive from Sea Lake another interesting place to photograph and learn the history of the area. The following day we continued on to Waikerie Holiday Park situated right on the Murray River. From



our cabin we could watch the ferry do its regular crossing of the river. The ferry service runs twenty-four hours a day and takes less than five minutes to cross the river. It was interesting to learn that in South Australia there are still twelve ferries/punts being used to take people, cars and trucks across the Murray, each individually named for one of the water birds of the river. The ferry at Waikerie was named Quail. Our time spent in South Australia just happened to coincide with the rising water on the rivers which would turn out to be catastrophic for all the towns along the Murray. They had already stopped the houseboats from touring up and down the river. We could see the markers on the trees from other floods and could tell by these that it wasn't looking good. There are some nice wineries around Waikerie, so as any wine lover would do, we did our best to sample some of the local ones. The highlight of our trip was a three-hour tour along the Murray in a shallow boat setup for photography. This outing took us up the river and into lagoons where we saw an abundance of birdlife including, Kingfishers, Whistling Kites, Regent Parrots, Cockatiels, Darters, and plenty of Cormorants. If you are considering a trip to South Australia, the Riverland district is well worth some thought.

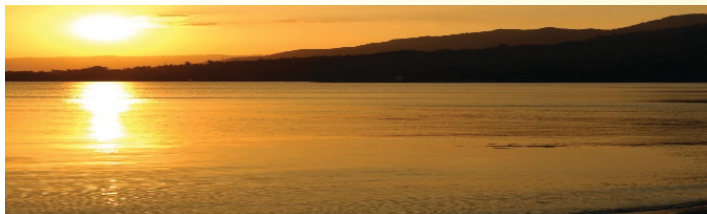
Rod & Trish Wilson (Unit 4)



Message from Helen Hurwood *(Pastoral Care Person)*



Sunshine and Light



On our recent holiday to the Sunshine Coast we had lots of sunshine! It was also warm. I noticed how well the plants and trees grow in the warmth and sunlight. Some of them grow really tall as they reach straight up to the light, others are lush and bursting with healthy growth. My husband Phil's mother used to go up to the Sunshine Coast for 3 months over the winter. She eventually went into a retirement village up there.

Aah, now it's back to winter in Melbourne and the sunshine and warmth every day are a memory.

Did you know there's now even a thing called a happy lamp that can help get us over the winter blues? It gives out a glow of light, so we think we are in Queensland.



That reminds me of another light. Jesus said "I am the Light of the World"



Light casts out darkness. In our world, darkness comes in many forms. Bad news is everywhere. Death seems stronger than life. However, if you put a lamp on a lampstand, it gives light to all who are in the house, casting out darkness. Jesus provides that light and hope in a world that needs it.

And in that light, we can truly live positive lives, whatever stage we are at.

What do you think it means for you?



Lesley Taylor writes



I have just started a program with residents and students from Sparrows Early Learning Child Care Centre, Kinder 3- to 4-year-olds. Each fortnight on a Thursday this program occurs, from 10am to 11.15am in the Apartment Lounge. We had our first session on the 15th of June. This was a big success. The children and residents had fun together, reading books, colouring in, singing songs and chatting. Reports on the benefits of these kind of programs is younger children had more advanced motor skills and cognitive skills, higher developmental scores, and more social and emotional competencies than their peers who didn't participate in such a program. Older adults who participated reported feeling happy with reduced agitation and improved overall wellbeing. We just had fun. I loved watching the children mix with our residents. The children and residents enjoyed morning tea together.

If you would like to participate, please contact me. *(See photos below)*



As most of you know I have taken some long Service Leave. After 19 years of working at St John's the thing I have learnt from the residents is not to wait too long to go on holidays. Many of you have taught me this lesson and I thank you. My sister Jenny, her hubby Bob, Andy and I, went to Darwin. We both have caravans and saw some amazing places. We are so blessed to live in this country. We stopped often and enjoyed the sights along the way. We went to South Australia and drove up the Stuart Hwy. We drove to Cooper Pedy, Northern Territory, Alice Springs, Devils Marbles, Daly Waters, Mataranka, Katherine. In Katherine we did an amazing boat cruise on the Katherine river (Nitmiluk National Park) and went swimming, it was breathtaking. Kakadu was special, we saw crocodiles at Cahills Crossing. Spent a week in Darwin. Went to Mindil Beach, boat cruise, museums, Botanic Gardens. We spent a few days in Litchfield Park. Not enough time. I loved it there, swimming in the Gorges, Rockholes, Hot Springs, just incredible. On the way home we went to outback Queensland. Went to the Longreach Qantas Museum then to outback New South Wales, followed by Bourke and home to Victoria. It really was incredible. *(photos on next page)*

Lesley Taylor Writes continued.



Take care, *Lesley*.
Care & Wellness Manager.

Keep an eye out for a **NEW** activity within the Village.
Coming in the next few weeks.
Little hint "breath"

Ruth Rae's Son in Law, Senior Sergeant Shaun Furniss was awarded the **Australian Police Medal (APM)** in the Australia Day Honours list for "Significant service to policing in the Northern Territory".

Senior Sergeant Furniss, who joined the Northern Territory Police Force in 1988, and served in Alice Springs, Hermannsburg and Harts Range. Then moved as Brevet Sergeant to Ti Tree Police Station. In 1999 he transferred to Casuarina Police Station as Officer in Charge of the Casuarina Juvenile Crime Unit. He was promoted to Sergeant in 2002 and served in Territory Communications. In 2005, he became Patrol Sergeant, Relieving Officer in Charge of the Casuarina Police Station and Watch Commander. In 2014 he was promoted to Senior Sergeant as a Darwin Watch Commander and returned to Alice Springs in 2017 as Southern Watch Commander. In 2021, he commenced as the Officer in Charge of the Southern Desert Division where his skills, local knowledge and operational experience has helped drive the division from strength to strength. (Abbreviated)



Photo from
POLICE NEWS
The Independent Voice of
Police in the
Northern Territory

Enjoy a chuckle



Some years ago a first grade teacher collected well known proverbs and gave each child in her class the first half, telling them to come up with the remainder of the proverb.

Here are some of the answers she got from these 6 year olds:

Better to be safe than *Punch a 5th grader*

It's always darkest before *Daylight Saving*

Don't bite the hand that *Looks dirty*

A penny saved is *Not much*

Two's company, three's *Musketeers*

Don't put off till tomorrow what *you put on to go to bed.*

“You are charged with habitual drunkenness, what is your excuse?”

“Habitual thirst, Yer Worship”

“Couldn't you have settled this out of court?”

“That's what we were doing when the police interfered.”

“Do you plead guilty or not guilty?”

“How do I know, I haven't heard the evidence yet.”



MORE OLD BLOOPERS

- A Migrant woman thought she had been sent home 'to die' when the hospital told her to go home 'today'. A migrant Resource Centre spokesperson said the misunderstanding underlined the need for improved interpretation in Queensland hospitals. *The Herald Melbourne.*
- Children who reach school age multiply at an average of thirty thousand per day. *Egyptian Gazette*
- He said: “The golden egg has come home to roost for the people of Thamesdown.” *Swindon Evening Advertiser*
- The firm (Gillette Safety Razor Co.) were very happy to be associated in the effort to send a team to Sofia. Without their help we would have had to cut the team and this would have been a great disappointment to everyone. *Liverpool Daily Post*



Enjoy a chuckle

For those who may not have heard, Anne Perry was watching the Coronation recently and sitting opposite her on a lounge chair was a black mouse. She tried hitting it with a book, the book went one way and the mouse the other. After 3 weeks there was evidence that the mouse had been in her laundry.

Gwen Mc Kenzie wrote this poem for Anne.



There's a mouse in Anne's house
He's sly as a fox
He eats all the bait
Does drops in her socks

He likes peanut butter
Bacon and cheese
He nips it so gently
The trap doesn't seize.

The cheeky mouse has left Anne's house
He's tired of cheese and bacon
He'd rather have a three course meal
That someone has forsaken.

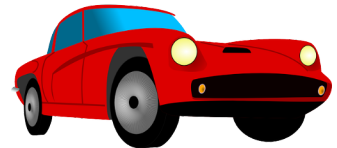
So now he's out and roundabout
He might pay you a visit.
You'll find his tracks
In your brand new slacks
It's not unlikely, is it



Nero was talking finances with one of his officers in the amphitheatre in Rome. "We aren't making much money from this building," Nero said. Any idea why?"

"Yes, I know," replied the officer. "The lions are eating up all the prophets."

A man met a friend on the street and after greetings were exchanged, said, "Jim, the insurance business must be good. I see you are driving a new car."



"It's not that good," said Jim. "You see, I tried to sell an insurance policy to a car salesman."



Wife: "I was a fool when I married you!"

Husband: "Yes, but I was so infatuated with you that I didn't even notice it at the time."

Photos from Residents



Terry Trevitt's 90th birthday bash at "The Heritage" Balnarring

The group is the Clan, children, partners, grand children and great grand children
The group of six is all my children. Left to right: Linlea, Cherie, Christine, Terry, Cameron, Marieta

Sharon's travels

Recently I had a lovely trip with my son to Japan. What a beautiful country. We caught the bullet train to Kanasawa where we saw some beautiful cherry blossom trees and some Shinto temples, then a train to Osaka and saw some lovely gardens then on to Kyoto where we managed the 1000step gate at the Shinto Shrine. Much walking and train travel, but the trains are very efficient and "on time". The people are very friendly and the cities are very clean, no graffiti or rubbish on the streets. Of course there were lots of people but they go about very orderly and calm. We visited the Emperors Palace where the gardens were beautiful, many rhododendrons and huge walls made of 35kg stones and the Japanese dress in Kimonos to visit the gardens. I ate at traditional eateries consuming lots of fish and rice but it was delicious. I even had a meal sitting on the floor (much to the amusement of the owners). We finally spent the last couple of days in Tokyo. What a city with tall buildings. It was such a busy place. I spent time walking around the small streets which I found to be so interesting. There isn't enough space here to share everything. Perhaps it is enough to say it was much more than I expected.



Sharyn Snow (Unit 53)

The 1000 step gate



COMPUTER TIPS & TRICKS

Technology is moving so fast. Recently I was asked by a friend at church if I knew of an app that would convert speech to text on the phone. After some searching on Google, I found an app called "rogervoice". He reports that his profoundly deaf wife has been able to have long phone conversations with family for the first time. When both caller & receiver mobiles have the app, calls are FREE!